

# WHAT IS A BYSTANDER?

A bystander is someone who witnesses a discriminatory or violent situation perpetrated by one individual against another. In such instances, the bystander has the choice to either support, intervene, or remain passive.

# VS

# WHAT IS AN UPSTANDER?

An upstander is an active bystander who acknowledges instances of injustice and actively opposes them by interrupting and challenging situations that promote discrimination and potential violence.



# RESOURCES

**Shaundricka M. Ranel**

**Title IX Coordinator**

Kent Hall 133 - Largo

titleix@pgcc.edu | 301-546-7011

## **Mental Health and Wellness Center**

Bladen Hall, Room 132 - Largo

CounselingServices@pgcc.edu

301-546-0845



## **Campus Police**

Non-emergency: 301-546-0666

Emergency: 911 or 301-546-0111

from any campus phone

**Make sure to register for Owl Alert and Owl Safe! Both are available in the Apple Store or Google Play.**

**Owl Alert notifies you in case of weather cancellations, delays, and emergencies at Prince George's Community College.**

**Owl Safe allows you to get emergency notifications, procedures, and tools at your fingertips. Some features include: campus map, emergency contacts, emergency guide, friend walk, mobile bluelight, report a tip, support resources, and safety notifications.**



PRINCE GEORGE'S  
COMMUNITY COLLEGE

# OWLS

# HELP

# OWLS

# BYSTANDER INTERVENTION





## THE A.B.C. APPROACH

**A**ssess for safety. Make sure all parties are safe and take notice if authorities need to be called. Your safety is the number one priority. If the situation is dangerous don't intervene and call for help.

**B**e with other people. If it is safe to intervene, your influence will be greater with another person or a group of people. Your safety is also increased when you are with a group of people that you know. There is power in numbers.

**C**are for the person at risk. Ask if they are okay and assess if they need medical attention and seek additional aid.

## THE FOUR D'S TO BYSTANDER INTERVENTION

### Direct

Intervene directly. By intervening in the moment, bystanders may give the concerned person a chance to get to a safe place or leave a situation.

### Distract

Distract either party.

### Delegate

Bring in someone else to help.

### Delay

Check in later. Bystanders can reach out to those affected to link with resources or offer emotional support.

## TIPS FOR INTERVENING

In a situation that potentially involves sexual misconduct, relationship violence or stalking:

- Approach everyone as a friend
- Do not be antagonistic
- Avoid using violence
- Be honest and direct whenever possible
- Recruit help if necessary
- Keep yourself safe!
- If things get out of hand or become too serious, contact the police

### ANYONE CAN BE A HERO.

It's on all of us to be upstanders and keep our PGCC family safe.

What hurts the victim most is not the cruelty of the oppressor, but the silence of the bystander.  
- Elie Wiesel